

Post-Surgery Instructions - Major Surgery

- Normal healing events will occur over the next 1-2 weeks, but final healing can take 3-6 months
- Stability is key. **Do not** disturb the surgical area by touching (including fingers, tongues, other objects) or pulling your lip
- Please rest and relax for at least 1-3 days post-surgery. Normal exercise may resume at 1 week or earlier if comfortable.
- You may experience some tenderness and hot/cold sensitivity. This is normal and temporary.
- Expect some bleeding in the first 24hrs. Please rest and relax to minimize the bleeding. If bleeding does not subside, apply pressure over the area with a wet gauze or wet black teabag.
- Place a towel over your pillow before sleeping to avoid any blood or saliva from staining your sheets.
- Swelling and/or bruising may occur post-surgery. Swelling is generally caused by inflammation, not infection and will decrease over the 1st week.
- Ice 20 minutes on and 20 minutes off for at least 2 hours to reduce swelling.
- Do not be alarmed with any color changes or appearances of the gums. Gum tissues can be gray, yellow, red, blue or purple, which reflect a normal response to the surgical treatment.
- No smoking/vaping for 7 days.
- If stitches were placed, please do not disturb or remove them. Some stitches may be dissolvable and can fall out within the 1st week.
- If a pink surgical dressing is placed, it may last until your next appointment. If it falls out before then, do not worry. The main goal is to protect the site for at least the first 24 hours.
- For bone recontouring procedures, you may notice an increased space between your teeth. This is normal and necessary to maintain health and proper oral hygiene.
- You can Brush/Floss/Waterpik all areas EXCEPT the surgery site. If prescribed the medicated mouth rinse, GENTLY swish 2x/day starting the day after surgery to reduce plaque formation.
- Additionally, you may use a salt water rinse 3x/day for 1 week (1 tsp salt in 8 oz glass of water).

****Please call the office if you experience: Prolonged or Severe Pain or Bleeding, or a Fever****

Medication Tips

- For any prescription(s), please verify it is the generic version. It works the same as the brand name but costs considerably less. Please verify any refills on your prescription label.
- Taking Medications:
 - Take all medication with soft food and a full glass of water.
 - For antibiotics, please eat yogurt, a probiotic or both to avoid an upset stomach.
 - If the medication(s) makes you nauseous, take 1/2 tablet with food, wait 30 minutes and then take the other 1/2 tablet. This allows the medication to enter your body slowly.
- Pain Medications:
 - Before the anesthesia wears off, take your prescribed or over the counter pain medication.
 - For narcotics, **DO NOT** drive or operate machinery as it will make you drowsy.
 - You may take up to four 200mg tablets of Ibuprofen/Motrin/Advil (unless recommended otherwise) in addition or alternating with the narcotic for supplemental pain control.
- Side Effects:
 - If you take more than the prescribed dose of pain medication, you may experience sweating, headaches or insomnia. Please stop or reduce the amount of medication.
- If you have an allergic reaction or vomiting, stop the medication and call the office.

****We cannot prescribe an unlimited supply of narcotic medication. Please use appropriately****

Diet Instructions - Major Surgery

Day 1 - 3

- Follow a liquid-like diet to allow healing. Anything that could be put into a blender to drink is ideal. The purpose of this is to protect the blood clot that is acting as a “band-aid” in the surgical site.
Do not drink through a straw or spit, as this creates a vacuum in your mouth and can disturb the blood clot. Take your daily vitamins, and if on an antibiotic, take a probiotic.
- Approved Foods:
 - Jell-O, Pudding, Ice Cream, Yogurt, Applesauce
 - Milkshakes/Smoothies - **DO NOT** blend with berries containing seeds
 - Ensure, Slim Fast - Nutritional Drinks, Protein Shakes
 - Broth or Creamed Soup
 - Coffee / Tea / Water

Day 4 - 14

- Foods with a “mushy” consistency are recommended (see below).
- Approved Foods:
 - Anything put through a food blender
 - Cream of Wheat, Oatmeal
 - Mashed Banana or any mashed/blended fruit, except berries with seeds
 - Mashed or Baked Potatoes, Yams, Sweet Potato or Squash (OK with butter/sour cream)
 - Cottage Cheese, Cream or Melted Cheese
 - Creamy Peanut Butter *without* Nuts
 - Eggs, any style with or without melted cheese or avocado
 - Tofu
 - Soft Pasta (plain or with marinara sauce)

Day 15 - 21

- Soft foods may be allowable. Soft foods have the consistency of bread, baked fish or soft steamed vegetables.

Day 22 - 30

- You may gradually resume your regular diet. Please remember that healing is not complete. The first several months following treatment, you should continue to make smart food choices.
* Note: For GUM GRAFTING patients, please do not bite into hard foods, such as apples, for 3 months.

Foods to Avoid

Until Day 7

- Alcohol
- Carbonated Drinks
- Extremely Hot Foods
- Spicy Foods

Until Day 21

- Anything with seeds or husks
- Candy/Chewing Gum
- Salad
- Anything hard or crunchy
- Chips
- Meats

Until Complete Healing

- Nuts
- Hard raw vegetables/fruits (carrot/apple)
- Popcorn